

# **Crisis Resolution Fact Sheet**

## **Office of Substance Abuse and Mental Health Services**

### **Maine Department of Health and Human Services**

#### **According to the 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action:**

Suicide is the 10<sup>th</sup> leading cause of death, claiming more than twice as many lives each year as homicide.

On average, between 2001 and 2009, more than 33,000 Americans died each year as a result of suicide, which is more than 1 person every 15 minutes.

More than 8 million adults report having serious thoughts of suicide in the past year, 2.5 million report making a suicide plan in the past year, and 1.1 million report a suicide attempt in the past year.

Almost 16 percent of students in grades 9-12 report having seriously considered suicide, and 7.8 percent report having attempted suicide one or more times in the past 12 months.



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#### **Statewide Crisis Number 1-888-568-1112**

Crisis Intervention/ Resolution Services are immediate crisis oriented services with the goal of reducing acute emotional disturbances to ensure the safety of a consumer or society.

#### **Mobile Performance Measures and Strategies:**

- Services are provided and available 24 hours per day, 7 days per week.
- Crisis assessments will be provided in the least restrictive setting (*home, school, shelter*).
- A component of this service may be a telephone service, which is the point of entry for crisis intervention services.
- A treatment episode is limited to six (6) face-to-face visits and related follow up phone calls over a thirty (30) day period after the first face-to-face visit.
- Emergency rooms should be used only as a last resort for crisis intervention.
- Crisis mobile staff shall have independently licensed clinicians available 24/7 to support the direct crisis staff need for clinical consultation during their initial assessment/evaluation tasks.

#### **Crisis Stabilization Unit Performance Measures and strategies:**

- Monitoring of behaviors
- Assure Safety
- Therapeutic Interventions including medications
- Supportive counseling
- Coordination with other community-based services, and supervision to assure personal safety.

#### **Program Goals:**

To provide crisis mobile intervention and crisis stabilization residential services that reduces the frequency of inpatient psychiatric admissions.